

## Did You Know?

Preparation techniques such as cooking, smoking, curing, and freezing **do not** reduce the health hazards from mercury in the fish.

## National Fish Advisory

The Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) are advising women who are pregnant or may become pregnant, nursing mothers, and young children to avoid eating fish that contain high levels of mercury, such as:

- shark
- swordfish
- king mackerel
- tilefish

Up to 12 ounces (2 average meals) a week of a variety of fish and shellfish can be eaten. The most commonly eaten fish that are low in mercury are:

- shrimp
- canned light tuna
- salmon
- pollock
- catfish

Another commonly eaten fish, albacore ("white") tuna, has more mercury than canned light tuna. Up to 6 ounces (one average meal) of albacore tuna can be eaten per week.

## For More Information

Utah Department of Health  
Environmental Epidemiology  
(801) 538-6191  
[www.health.utah.gov/enviroepi](http://www.health.utah.gov/enviroepi)

Utah Department of Environmental Quality  
Division of Water Quality  
(801) 538-6146  
[www.waterquality.utah.gov](http://www.waterquality.utah.gov)

Southeastern Utah District Health Department  
Environmental Health  
(435) 637-3671  
<http://health.utah.gov/lhd/southeast>

Utah Department of Wildlife Resources  
Aquatic Section  
(801) 538-4760  
[www.wildlife.utah.gov/fishing](http://www.wildlife.utah.gov/fishing)

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## Warning:

# Splake Trout Fish Consumption Advisory... Joes Valley Reservoir, Emery County



## Joes Valley Reservoir



## Joe's Valley Fish Advisory

Due to high mercury levels found in **Splake Trout** from Joes Valley Reservoir, Utah Public Health Officials recommend that:

- **Adults eat no more than one 8-ounce servings of these fish per month.**
- **Women who may become pregnant, pregnant women, nursing mothers, and children under the age of 12 should eat no more than one 2-ounce serving of these fish per month (a 4-ounce serving of fish is approximately the size of a deck of cards).**

No known mercury-related illnesses have been associated with eating the trout from Joes Valley.

Any health risks associated with eating the mercury-contaminated fish are based on long-term consumption and not tied to eating fish occasionally.

## Benefits of Eating Fish



Splake Trout

It is important to consider the benefits of eating fish as part of a balanced diet.

Fish are an excellent source of:

Protein, vitamins, & minerals

Fish contain low levels of unsaturated fats (e.g., omega-3 polyunsaturated fatty acids) and have been associated with a reduced risk of heart disease.

The American Heart Association recommends two servings of fish per week as part of a healthy diet.

## Warning:

Elevated levels of mercury have been found in Splake Trout

## Did You Know?

Contaminated fish may not look, smell, or taste different, but they can still be harmful.

## What is Mercury ?

Mercury occurs naturally in the environment and can also be released into the air through industrial pollution. Once released into the air, mercury can travel long distances and can build up in bodies of water. Fish absorb the mercury as they feed in polluted waters. Over time, the amount of mercury in fish builds up. Mercury builds up more in some types of fish and shellfish than others, depending on what the fish eat.